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The man who stemmed the Heartbleeding

Torontonian was first to notice bug was affecting CRA

PAGE 6

THE NAME'S
BAUER
— JACK
BAUER

24's NEW SERIES SET
IN U.K. **PAGE 17**



KEEP ON CLEANIN' ON

Ian Wilson was among the hundreds of volunteers who braved cold temperatures and lingering snow Sunday to help with the annual River Valley Clean Up. Wilson was working in the Mill Creek area, but volunteers tackled litter and garbage throughout the valley. Story, page 5. RYAN TUMILTY/METRO

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Family, friends search for missing woman

Louise Veillard.
26-year-old last seen
near High Level Bridge



LEAH
GERMAIN

leah.germain@metronews.ca



Louise Veillard HANDOUT

she said.

"We've received some feedback on sightings and the police are following up on that."

By Sunday afternoon, more than 1,900 people had joined a Facebook page dedicated to collecting potential clues and providing information on Veillard's disappearance.

Veillard has a history of depression and her family believes she could be in distress.

"She was anxious," Colleen said about her daughter's state of mind prior to going missing.

"She has a history of anxiety and that was a cause of concern for those who knew her — that she was not in a particularly good state."

Edmonton Police Service's missing-persons unit is following up on any leads, according to acting Staff Sgt. Jason Mitzel. Anyone with information is asked to call 780-423-4567.

The family of a missing Edmonton woman is calling on the city to keep an eye out for the 26-year-old, who disappeared Friday.

Louise Veillard was last seen at approximately 1:30 p.m. Friday near the High Level Bridge. She is described as five-foot-two and was last seen wearing a red hoodie, Birkenstock sandals and a small navy blue backpack.

Friends of Veillard alerted police to her disappearance after the University of Alberta graduate didn't show up for a

shift at work, something her family says is very out of character.

Veillard's mother, Colleen, described her daughter as a kind and gentle person, and said the family is grateful for such overwhelming support from the public in trying to locate her. "There has been a real effort in the community to search the river valley area and her neighbourhood area,"

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Murder. Husband charged in wife's death

A Spruce Grove woman is dead and her husband has been charged with murder in a crime that neighbours are still struggling to comprehend.

Police were called to the couple's home in Spruce Grove early Saturday morning and found 36-year-old Rienna Nagel dead inside. Her husband Christopher Ray Nagel, 36, was also inside the modest home and has since been charged with first-degree murder.

Jim, a neighbour who did not want his last name used, said there was never any sign of problems.

"They were fantastic people and it absolutely blew us away that it happened there," he said. "They were a great family. I don't understand it."

He said police descended on the home with guns drawn on Saturday morning and spent most of the day inside the home. He said he saw one of the couple's sons sitting alone outside, which was a clear sign something was wrong.

"We didn't know what was going on, but we didn't see mom so we knew something was up, because she's always with her kids."

Cpl. Colette Zazulak said the incident appears to be another case of domestic violence.

"It's still a huge issue and it doesn't seem to be going away," she said.

First-degree murder charges denote some amount of pre-meditation; Zazulak said she didn't know enough about the circumstances that had led to the charge in this case.

"I am not familiar with the nuances of the investigation, so I can't speak to whether there were any of those elements," she said. **RYAN TUMILY/METRO**



A fluffy orange tabby is just one of 10 cats currently looking for a new home before a southside pet store closes its doors. **LEAH GERMAIN/METRO**

This cat needs a home

How can you say no to those eyes? Ten kitties need new families before the Petcetera store SAFE operates out of shuts down for good

After rescuing, rehabilitating and finding new homes for more than 700 cats in the Edmonton area, a local animal rescue group is scrambling to find homes for 10 more rescued cats, because it's partnering pet store plans to close its doors.

With less than a week to find new homes for the felines, president and founder of the Saving Animals from Euthanasia Team (SAFE) Kirby Seidler said she was shocked to hear Petcetera in Mill Woods was declaring bankruptcy and closing its store.

"This means we have to get our animals out of that facility," Seidler said, who struck up a partnership with the store three years ago to keep some foster animals at the southside location. "Originally we were told we had until May 31 and on (Saturday) we were told we have until May 15."

While SAFE usually keeps upwards of 45 cats at the facility, Seidler said the group was lucky because they were only boarding 20 and 10 adoptions have been finalized since the news was delivered.

"Trying to place 20 cats with 15-days notice was a little ridiculous," she said.

While it may be a daunting task, Seidler said she is committed to finding homes for the critters.

"They're going to have to stay in the organization, some way somehow. We won't let any get euthanized," she added.

Currently working with

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partner organizations and foster homes, Seidler said she will find some alternative place for the cats to go, which could mean overcrowding current foster homes, by the May 15 deadline.

"I don't want to think that this is an option," she added.

LEAH GERMAIN/METRO

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1
NEWS

DirtGirls saddle up to take care of the city's cycle paths

River Valley. Trails in good condition thanks to ongoing maintenance by all-women mountain biking club

 LEAH GERMAIN
leah.germain@metronews.ca

As the weather switches gears, local mountain bikers are jumping back onto their saddles for another season of riding and repairing the natural pathways.

Hitting the trails for their first ride Thursday, members of Edmonton's DirtGirls club have been working to maintain and improve local trails in the city's River Valley for the last three years.

"We are really trying to create awareness for multi-use of the trails," said DirtGirls founder Kristy Jacklin.

With around 140 members, DirtGirls has adopted three trails to call their own, focusing their resources on "Victoria's Secret," "Root Canal" and "Back Breaker" during the summer.

"The trails we've adopted to maintain, there are a lot of trees down and branches," Jacklin said.

"It's kind of good because



Members from Edmonton's all-women mountain biking club DirtGirls hit the trails Thursday for the first ride of the spring season. FACEBOOK

we have a lot of work in our trails to complete.

"Every year it's a little bit different."

With more than 200 kilometres of trails in the city, Edmonton Mountain Bike Alliance chairperson Garry Ogletree said the trail-adoption program has helped immensely.

"I'd say they're in better

Quoted

"We are really trying to create awareness for multi-use of the trails."

DirtGirls founder Kristy Jacklin

shape now than going back five years," he said of the city's trails.

"It's a progression."

Calling the trail system a world-class resource for Edmontonians, Ogletree said clubs and local shops focus

on the trails with the greatest use, splitting up the network into five different sections throughout the city to maintain.

"The trails in the middle of the city get way more use and those are the ones we are trying to keep sustainable," he said.

"It's the best bang for the volunteer hour."

Elections.
Auditor says everything was smooth, with a few hiccups

The city's auditor found last fall's elections were generally smooth, with a few minor issues.

While the small problems cropped up with the city's voting machines, the auditor determined they didn't impact the outcome of the vote.

Elections director Laura Kennedy said the election office tests the machines in a mock election process before the vote to make sure they read all possible outcomes.

"We make sure (the machines) read every possible vote type," she said.

After doing that testing, the machines are reset and sealed. In his report, the auditor said the seals weren't strong enough, opening up the possibility of tampering.

"This introduced the risk that tabulator memory cards could be removed, reprogrammed and replaced without breaking the seal," he wrote.

Kennedy said after the auditor pointed out the issue, the elections office started from scratch, re-testing and re-sealing the machines. Kennedy said the issue wasn't with the machines themselves, so it didn't interfere with the vote.

RYAN TUMILTY/METRO

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Walter Kehl picks up trash along the banks of the North Saskatchewan River on Sunday during the annual cleanup event in Emily Murphy Park. RYAN TUMILTY/METRO

Volunteers pitch in for river valley

Cleanup. All sorts of garbage pulled from valley in one-day sweep

 RYAN TUMILTY
ryan.tumilty@metronews.ca

While Mother Nature gave it a late dusting of snow, hundreds of Edmontonians descended on the river valley Sunday to give it a facelift.

Despite the regrettable weather, people turned up in droves for the annual River Valley Clean Up, collecting garbage bags and other supplies from the city and filling them with trash.

Ian Wilson was working hard in the Mill Creek Ravine Sunday, collecting trash with his daughter. He said he wanted to help out, because the valley is so important to Edmontonians.

"Just to keep the city in good shape, to make sure the

parks are clean and safe for everyone to use," he said.

Wilson came out with church and said the one-day sweep is a great opportunity for families and community groups to help out.

City spokesperson Lisi Monro said about 350 people signed up for the event and they were impressed with the turnout considering the lingering snow and low temperatures.

She said the event always ends with a wide range of trash being pulled from the river.

"We will find everything from everyday litter like fast-food items, lots of cigarette butts, all the way to larger items like electronics and bikes," she said.

Coun. Ben Henderson said without the volunteer effort, cleaning up the valley would be a daunting task.

"Without having this number of people to get this stuff cleaned up, it would just not be possible."

Alta. Utilities Commission

Reject AltaLink sale: NDP

NDP Leader Brian Mason says the province needs to ask the Alberta Utilities Commission to reject the sale of AltaLink to an American company.

It was announced earlier this week that SNC-Lavalin will be selling the energy transmission company to U.S. Berkshire

Hathaway Energy for \$3.2 billion.

Mason says that this would allow an American company to reap the benefits of Alberta taxpayers, and could ultimately drive energy prices up.

He says Alberta's transmission system should not be an internationally traded commodity because that will just raise prices.

If approved, the sale will go through Dec. 31.

THE CANADIAN PRESS

It's a trap!

Police respond to suspicious package

Edmonton police and fire rescue teams responded to a suspicious package Sunday that turned out to be nothing more than a mousetrap.

Crews were called to Edmonton General hospital, near 11111 Jasper Ave., shortly after 10:45 a.m. where they discovered a black toolbox with the word

"poison" written on it.

The toolbox was found under a bench on the west side of the building.

Inside the box, the police identified a commercial-grade, external mousetrap.

Last week, a similar police presence responded to several white powder scares at hospitals, the courthouse and police headquarters. Police identified a suspicious-looking white powder as coffee creamer after analysis. METRO



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Heartbleed bug scare's unsung hero

Justin Bull.

Self-described cyber-security nut was the first to notice the CRA website's vulnerability



Justin Bull CONTRIBUTED

SAM SMITH

For Metro in Vancouver

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old Toronto-based, self-described cyber-security nut was the first to notice "Heartbleed" affecting the Canadian Revenue Agency (CRA), beating out their own cybersecurity officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7, a bulletin was published about the massive Heartbleed problem," Bull said. "On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the

theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them and see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing, Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax deadline extension was released.



Commemorating the Battle of the Atlantic

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the 71st anniversary of the single longest battle of the Second World War. FRED CHARTRAND/THE CANADIAN PRESS

Ruling. Expat Canucks win back right to vote

More than one million Canadians living abroad are now eligible to cast ballots in the next federal election after a court struck down a law stripping them of their voting rights.

While mass murderers have the right to vote, long-term expats "who care deeply about Canada" do not have the right, Ontario Superior Court Justice Michael Penny said in his decision.

Penny found part of the Canada Elections Act, which bars expatriates who have lived abroad for more than five years from voting,

Quoted

"This is not the lawmakers' decision to make — the charter makes this decision for us."

Ontario Superior Court Justice Michael Penny

is unconstitutional.

Citizenship, he noted, is a fundamental requirement for voting, not residency.

The judge rejected the government's request to put his decision on hold for 12 months. THE CANADIAN PRESS

Young blood, literally. Vitality of older mice improved after injections

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Some day, if more research goes well, this may lead to a way to treat some infirmities of old age in people. In the meantime, scientists have a warning.

"Don't try this at home," said Saul Villeda of the University of California, San Francisco, an author of one of three papers published online Sunday by the journals Nature Medicine and Science.

He worked with mice that were roughly the equivalent of people in their 20s and 60s. Researchers repeatedly injected the older mice with blood from either the younger animals or other aged mice. Those that got the young blood did better in learning and memory tests than mice given the older blood.

THE ASSOCIATED PRESS



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B.C. church finds the force is strong

May the fourth be with you. Vancouver church holds Star Wars-themed service

Amongst a crowd of regular churchgoers, a handful of Jedis, Sith lords and even an Ewok gathered at St. Andrew's-Wesley United Church in Vancouver to praise the Gospel of Luke — Luke Skywalker, that is.

The church organ and choir swapped their usual repertoire for the movie themes of film soundtrack composer John Williams while Rev. Kathryn Ransdell exchanged her ceremonial garb for Princess Leia's royal getup.

No, it wasn't an Imperial invasion — it was part of May the Fourth, or Star Wars Day celebrations.

For many churchgoers, it was a way to merge a historical tale of good and evil with a Hollywood blockbuster.



Brandon Young, 10, sings a hymn at St. Andrew's-Wesley Church in Vancouver on Sunday.

DARRYL DYCK/THE CANADIAN PRESS

ing from stories in the Bible or stories in a movie."

For Hans Haest, an usher clad in Jedi regalia, goodwill is his light saber.

"The idea is that we're supposed to be good warriors fighting evil in the community," said Haest. "And we don't do that by physically fighting with people, we do that by reaching out to the community in charity."

The first reference to Star Wars Day was on May 4, 1979, about two years after the first movie had been released, when Margaret Thatcher was elected prime minister of Britain.

The London Evening News printed a half-page ad reading "May The Fourth Be With You, Maggie. Congratulations," a play on the movie's popular mantra, "May the force be with you."

Since Disney bought Lucasfilm in 2012, plans have been made to shoot three more movies. The next Star Wars feature is slated for release in December 2015. **THE CANADIAN PRESS**

Ransdell made comparisons between biblical tales and the Star Wars movies.

"The battle between good and evil exists everywhere — not just in a church," said Lorraine Graves, whose son's idea to celebrate May the Fourth sparked the Mass's theme. "The real world is what the lessons are about whether we're learn-

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Stolen lion found by police at breeding farm

Police in Brazil have found a lion that was stolen three days ago from an animal shelter in the state of Sao Paulo.

Barroso, police chief for the city of Maringa, says officers recovered the lion at a breeding farm 515 kilometres from the sanctu-

ary where nine-year-old Rawell was stolen.

Barroso says they searched there because of a dispute between the small ranch's owner and the sanctuary.

Barroso told radio station BandNews on Saturday that the rancher previously

owned the lion and contends he still does. Barroso said the rancher has been summoned to appear before authorities.

The 660-pound lion was not harmed and will be staying in the city of Maringa until the matter is cleared up.

THE ASSOCIATED PRESS

Activists free comrades jailed after violent rally in Ukraine



A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Ukraine. Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement

in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath

of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

Recently, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. THE CANADIAN PRESS

latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

The interim government in Kyiv, which took power in February, has renewed its push in recent days to quell the pro-Russian insurgency in the east, where government buildings have been seized in more than a dozen cities and towns.

THE ASSOCIATED PRESS

Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar, from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. THE ASSOCIATED PRESS



Afghans search for survivors buried after a massive landslide in Badakhshan province, northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS

Nigeria. President says 'everything must be done' to rescue kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to act.

tion.

The police said last week said that the actual number abducted had risen to more than 300 and that 276 remain in captivity. It said 53 of the students managed to escape their captors.

Anguished parents, who have lost confidence in the government and military, have asked for international help.

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Acrobats seriously injured in aerial stunt

Rhode Island.

Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came



In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.

THE ASSOCIATED PRESS

free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS



Sao Paulo marches for Pride

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

Gene Robinson

First openly gay U.S. Episcopal bishop to divorce

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70

million-member Anglican Communion. Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in *The Daily Beast* he owed a debt to Andrew "for standing by me through the challenges of the last decade."

THE ASSOCIATED PRESS

Unauthorized building

Bridge in south Chinese village collapses

A stone arch bridge under illegal construction in a village in southern China collapsed, killing 11 people and injuring several others, state media and an official said Sunday.

Rescuers pulled out 26 people, mostly construc-

tion workers, after the bridge came down Saturday afternoon in Liangkengkou village in Guangdong province, according to an official at the information office of Maoming city government.

Five of them were confirmed dead at the scene. Eight others were seriously injured, six of whom died later in the hospital, said the man, who refused to give his name, as is common with Chinese officials.

THE ASSOCIATED PRESS



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About 2,000 including cops show up for #mansionparty

Totaling the damage.

Eight windows broken, staircase railing ripped loose, holes punched in drywall, partygoers arrested after allegedly assaulting police

The next time Canice Ejoh hosts a party at his mother's house, he might want to make it invitation-only.

What was apparently intended as a big, but controllable, gathering in their spacious Brampton home near Toronto Friday night exploded thanks to online word-of-mouth, which turned it into a mini-rave that brought 2,000 unexpected visitors — including Peel police — and, for some, a spiral into house-wrecking and lawlessness.

"The whole mansion was



Police were called to 3 Stanley Carberry Cres. in Brampton, a suburb of Toronto, early Saturday to close down a massive party at a huge mansion under construction that saw around 2,000 people show up. Booze and beer bottles are strewn all over the property and windows broken all over the home. COLIN McCONNELL/TORSTAR NEWS SERVICE

jam-packed, over hundreds of people outside waiting

in a line to get in," said Emmanuel Isaac, the DJ at the

party. "(There were) people doing drugs inside, nowhere

to move. People were legless drunk getting carried outside. It was a disaster, but a great party."

Damage to the house, which is under construction, was "substantial," according to Peel Const. Tom Ruttan. Some reports pegged the damage at \$70,000.

The party was heavily touted on Twitter with the hashtag #mansionparty spreading the word throughout Friday. Checks with party-goers and on Twitter confirmed the party was started by Canice Ejoh, a 17-year-old local baseball prospect.

Alistair Colville, 17, a friend of Ejoh's, said the party started out normally, but got out of hand rather quickly.

Police say Ejoh had his mother's permission for the party, but Colville noted only "around 200 to 300 people were kind of expected."

TORSTAR NEWS SERVICE

Iran

Two Spaniards caught with live alligator: Reports

Iran's official news agency is reporting that authorities have detained two Spaniards for alleged illegal hunting after they were found with a captured alligator.

The Sunday report by IRNA quotes Gholamhossein Kazemi, head of the environment department of southwestern Ilam province, as saying the two were detained during a midnight ambush.

Kazemi said both were handed to judicial authorities since they were trespassing in an area that bans hunting and had captured a live alligator. He did not identify them.

Their detention marks the first time Westerners have been held in Iran since moderate President Hassan Rouhani came to power in August. In the past, Iran repeatedly has detained Westerners on suspicion of being spies.

THE ASSOCIATED PRESS

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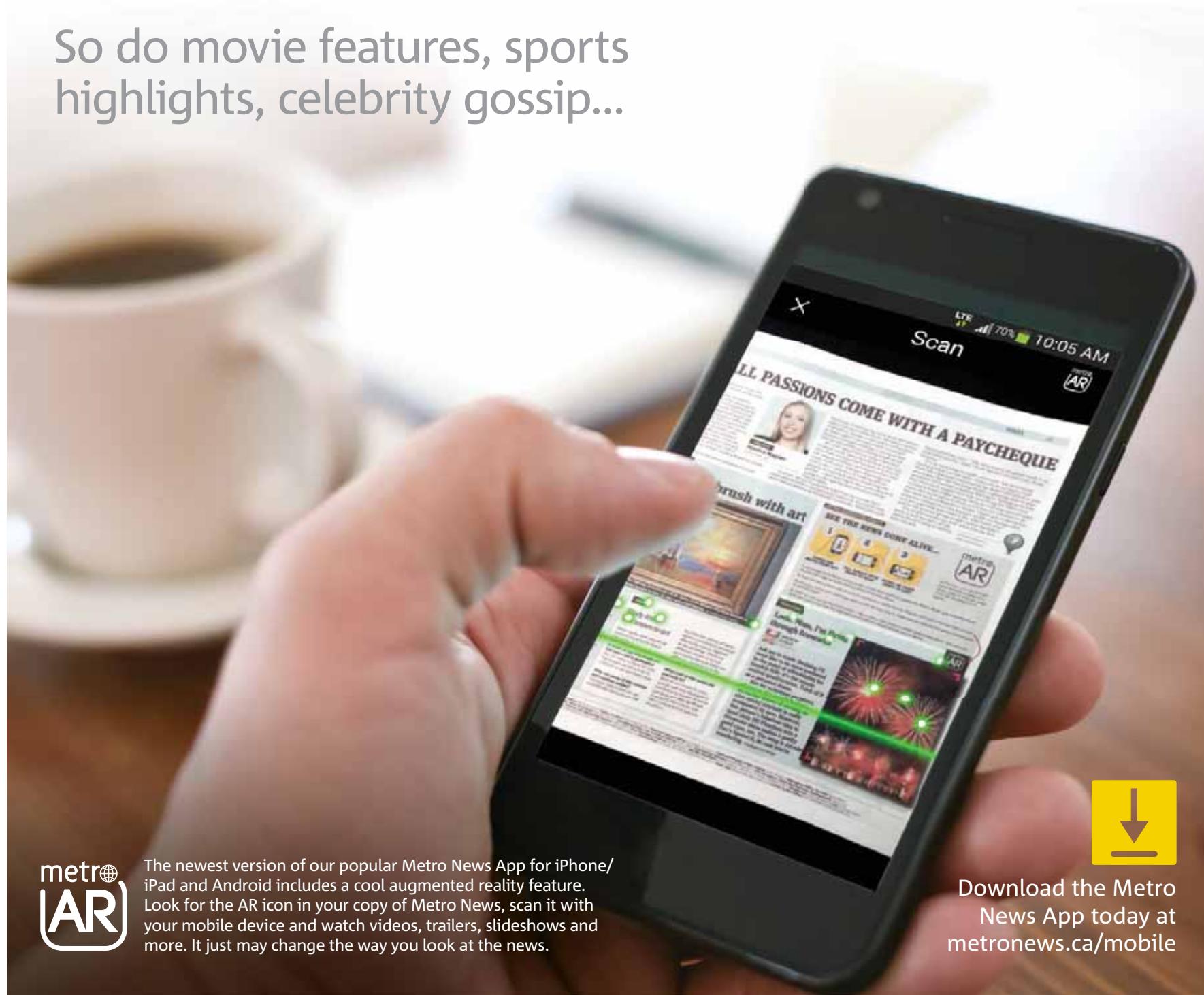
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Feel like a twit for falling for Twitter?



HOW
TO ROLL
Alison Griffiths
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If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on

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a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.



Bed, bath and beyond for \$21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about \$21,000 US from Abu Dhabi to London — one way. **THE ASSOCIATED PRESS**



Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. **THE ASSOCIATED PRESS FILE**

Powerade now minus the brominated vegetable oil

A controversial ingredient is being removed from some Powerade sports drinks in the U.S., after the chemical was also taken out of rival Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition

on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

PepsiCo said last year it would drop the ingredient from Gatorade. At the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well. **THE ASSOCIATED PRESS**

Fibre-optic networks

Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. **THE CANADIAN PRESS**

As BlackBerry fades

K-W aims to be Silicon Valley North

City officials in Kitchener and Waterloo, Ont., want to be the next Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs. **THE CANADIAN PRESS**

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SUPPORT ART, NOT ELITISTS

So whom do you believe when it comes to determining the absorption rate for office space in the downtown?

Do you believe the movers and shakers behind the proposed Galleria development, or a developer in the business of determining risk and reward when it comes to building office space?

ProCura, who will be developing the Paramount Theatre site on Jasper Avenue as apartments, says that there isn't enough demand for office space in the downtown to build a new office tower.

The Galleria people say that there is and the rental income from the 38-storey tower it's proposing to build will make the project financially self-sustaining. We have certain-



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

ly heard that one before.

Other developers have pointed out that the Epcor building that will be right next door is not, as of yet, fully occupied.

It also has to be remembered that the city also has an agreement to occupy a tower that's to be built next to the new arena by the Katz Group and its partner WAM Development Group. As I recall, that project only went ahead because it had a guaranteed tenant. The move of city employees to a new tower will create a lot of vacant space in the downtown.

I suppose there are a lot of people excited by the idea of having more theatre space in the downtown. But who those people are, I'm not really sure.

I wonder how many of them are hard-working Edmontonians who would be happy to see their tax dollars siphoned off by a development that is of little interest to them. Will they be expected to say: "Oh my goodness, we could really use new sidewalks in our neighbourhood, but at least we have more theatre space?" Somehow I doubt that.

I am all for more artistic and cultural activities in Edmonton, but not on the scale of the Galleria project. The money the city is being asked to pony up would be better distributed to smaller arts groups in the city.

They're the ones who actually make this city vibrant. Facilities such as the Art Gallery of Alberta seem unable to draw a broad audience and the city has had to kick in another \$300,000 per year for the next three years because the AGA can't balance its budget. Edmontonian's tax money shouldn't be going to support what is essentially a culturally elitist enterprise.

ZOOM

Sea stars vanish into the sea



Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped out. **THE CANADIAN PRESS**

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly.

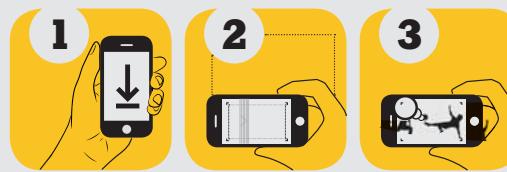
THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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In this issue, you can find AR enhancements on page 12 in Business, page 16 in Scene and page 26 in Sports

Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The \$34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager.



Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant.

ALICIA CHANG/THE ASSOCIATED PRESS

tion. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need \$20 million in technological upgrades, a cost likely to be borne by ratepayers. **THE ASSOCIATED PRESS**

ager. "Desalination wasn't a crazy idea back then."

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief op-

ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and

MARK MCMORRIS

Sport: Snowboard

Mantra: Give'r!

Why did you partner with Jumpstart?

"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."



See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.



support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.

CHARLES HAMELIN

Sport: Speed skating

Mantra: Have fun doing it and play fair.

Why did you partner with Jumpstart?

"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross

Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.

Why did you partner with Jumpstart?

"Participating in sport growing up impacted

my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline

Mantra: As long as I breathe.

Why did you partner with Jumpstart?

"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming

Mantra: Never give up on your dreams and make every day count.

Why did you partner with Jumpstart?

In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access

to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey

Why did you partner with Jumpstart?

"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

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Together we can



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PARTICIPATION IN SPORTS EQUIPS KIDS FOR THE FUTURE

High school can be a difficult time for kids, and joining a school team can alleviate some of these pressures by helping kids develop important life skills such as confidence and teamwork. Through participation in school sports teams, kids make friends, feel a deeper sense of belonging to their school and learn to live healthy, active lives. Unfortunately, one in three Canadian families cannot afford to enrol their kids in organized sports and physical activities.

Four years ago, TJ Grobia, who was 16 at the time, took an interest in football and decided he wanted to play for his high school team. At that time, however, his family was experiencing financial difficulties and in order to make ends meet, extra-curricular activities were the first to go.

His mother, Heather, spoke with TJ's high school about support programs available and was thrilled to learn about Canadian Tire Jumpstart, a national charity that helps kids from financially disadvantaged families participate in organized sport and physical activity programs. Heather applied for support from the charity and, soon after, TJ was given his chance to play football.

"High school was a critical time in TJ's life and thanks to support from Jumpstart, he was able to develop important life skills by participating in sports," Heather says. "Playing on the football team gave TJ a deep sense of pride in his school. He also had to keep up his grades in order to remain on the team so that helped him develop his work ethic."

Now 20 years old, TJ is studying to obtain his mechanic licence. Through participation in football, TJ learned important life skills including discipline, focus, teamwork and respect for authority. He also coaches his younger brother's high school football team and his younger sister's baseball team, giving back to the community that supported him.

This May, Heather wants to encourage other families that may be facing similar financial difficulties to apply for Jumpstart funding.

"The application process was a positive and easy experience," she says. "Our community projects co-ordinator, Rachel Yeung, was wonderful. She treated us with respect and ensured our case was kept confidential throughout the whole process."

"I walked Heather through the Jump-

start application, assisted in connecting her with the correct organizations and ensured that we processed the application in a timely manner," Yeung says. "The Leduc Jumpstart chapter and the city of Leduc work very closely together to ensure that every kid in the community is given a sporting chance."

You can help local kids like TJ get in the game by supporting the Jumpstart Red Ball campaign. Throughout May, head

into your local Canadian Tire, Mark's, Sport Chek, Atmosphere or National Sports store and donate \$2 in exchange for your own Jumpstart Red Ball, which represents the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.



Mark's, Sport Chek, Atmosphere, National Sports, donate \$2 in exchange for your own Jumpstart Red Ball. Start or call 1-877-616-6600.

help all kids play





Mom in the Movies

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MIND THE APP

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Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

Box office

Spider-Man nets \$92 million

The Amazing Spider-Man 2 debuted with \$92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with \$14 million. **THE ASSOCIATED PRESS**

What's it like being chased by fan girls?

Neighbors.

Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro



NED EHRBAR

Metro World News in Hollywood

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.

What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good



Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?

I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest

of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look

back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?

To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

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Bauer is back, this time on James Bond's turf

24: Live Another Day.

Kiefer Sutherland reprises his role as the super agent in 12-episode miniseries

Jack Bauer is no James Bond. He wears a sweat-stained T-shirt instead of a Tom Ford suit. There is no jazzy musical theme song when he walks in the door, just the ominous countdown of that thudding clock. And unlike the impermeable Bond, Bauer seems perennially shaken, stirred and mightily pissed off, especially when it comes to terrorists.

In 24: Live Another Day, Canadian Kiefer Sutherland reprises his role as the bedraggled super agent. And this time he's working on Bond's turf; the action takes place in London.

And the title, Live Another Day, echoes the Pierce Brosnan Bond of Die Another Day.

But this is not the London of postcards: There are few tourist shots of Big Ben or the Tower of London. Nor is there a blow-dried Brosnan in sight. Much of it could have been shot in any industrial borough in the westernized world.

But it is a fitting backdrop to the older, wiser and now even more grizzled Bauer. The action takes place four years after the end of Season 8. Bauer is a fugitive wanted by both the American and Russian governments.



Jack Bauer is taking his smack-down ways to London. CONTRIBUTED

The American president is in London for high-level talks, and Bauer's former employer, the CTU (Counter Terrorist Unit), is hunting him. As with prior 24 seasons, the two-hour premiere of the 12-episode miniseries (Monday at 8 p.m. on Global and Fox) mixes current events with flashpoint topics. The script blends in the controversy over the use of drone warfare

with shades of WikiLeaks and Edward Snowden.

However, the rebooted 24 covers no new stylistic ground. And it is arguable whether it has aged well compared to competitors in the new golden age of serialized television that it helped spawn.

When it launched in 2001, 24 was revolutionary in concept. The torrid

pacing, the split screens (shades of the multi-tasking CP24 generation) are part of the legacy. And the idea of an entire series devoted to a day in the life of an agent, with each episode depicting real time, garnered 20 Emmy Awards.

It was also hugely influential in both the TV and film worlds. Daniel Craig's more downscale portrayal of Bond — right down to the scruff — owes more to Jack Bauer than it does to all the previous Bond incarnations.

Since then, the much copied show has given us a franchise of equally fast-paced action thrillers from the critically acclaimed Homeland to the stylish drama of The Blacklist.

London-born Sutherland

Quoted

"We never had a season that was perfect. And this is an opportunity for us to make it a perfect season."

Kiefer Sutherland on the 24 miniseries

was 34 years old when he started playing Bauer. At 47, he is noticeably slower, the fight scenes less convincing.

When I talked to Sutherland early in the year, he was leaving the next day for London. He said he was on a tough fitness schedule and hadn't felt better.

"We never had a season that was perfect. And this is an opportunity for us to make it a perfect season," he said.

It's far from a perfect beginning. But what the competitors can't duplicate is Sutherland's snarling, disenchanted Bauer. The furrow on his brow is a character in itself.

So if you've missed Bauer kicking people in the groin, rejoice. No one whups butt quite like the super agent. Some of that is because Bauer has become a symbol for a besieged America taking on the post-Sept. 11 world.

The show has been criticized for depictions of Muslims and of torture scenes. But whether he is an enemy of the state or a new age American hero, there is no ambiguity in who you are rooting for.

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Naya Rivera ALL PHOTOS GETTY IMAGES

Naya Rivera is still a Gleek

Naya Rivera won't be absent from *Glee*'s sixth season.

"There is no truth to the rumour Naya has been fired from the show," the Fox network noted in a statement Saturday night, which concluded, "She remains under contract to *Glee*."

Rivera plays Santana Lopez, a lesbian glee club member, on the popular musical drama.

Before *Glee* actress Lea Michele arrived Saturday morning at the premiere of her latest film, the animated *Legends of Oz: Dorothy's Re-*

turn, a publicist for Michele said her client would not comment on co-star Rivera, the subject of numerous rumours and reports over the last week.

But Michele did reveal *Glee* had its fifth-season wrap party Friday night.

It's been a difficult year for the series' cast and crew, in the wake of the July 2013 overdose death of actor Cory Monteith, who had been romantically linked to Michele.

The show's fifth-season finale is set to air May 20.

THE ASSOCIATED PRESS

Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life. According to the Hollywood Reporter, the Argo actor was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a



reported \$800,000 US in 2001 playing the same game at the same casino. METRO WORLD NEWS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



How many new Coldplay songs will it take to mend a broken heart?



STARGAZING

Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

To prepare for playing Elton John in the upcoming biopic, Tom Hardy has been wearing the singer's old clothes. Is it weird that I find the thought of Tom Hardy in bo ... interesting?

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blarg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."



Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinski, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof,"

she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of *Celebrity Apprentice*. In the ongoing divorce hearings, Voronov has claimed that Weir is worth \$10 million, though Weir has refuted that. METRO WORLD NEWS

It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series *Scandal*. The show's



Kerry Washington

third season was cut short after the 37-year-old actress became pregnant. THE ASSOCIATED PRESS



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Brad McDonald

Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.

And you have to be prepared for those times in life when you may be dealt a bad hand



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Gail blogs daily at
gailvazoxlade.com

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend \$600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk



Gambling can put you on a slippery slope toward financial disaster, plain and simple. iSTOCK

about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to

be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't

destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste \$5.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

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Did you know 72% of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc.
Analgesics Equity/U&A Research, 2010

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Cement new habits by making them extra sticky



LESSONS FROM
THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as



Remind yourself along the way that your goal is worth reaching. iSTOCK

demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing

"Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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I'm worried that I've made a major mistake

Conflicted on campus.

You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

**ELENI
DEACON**
Metro News

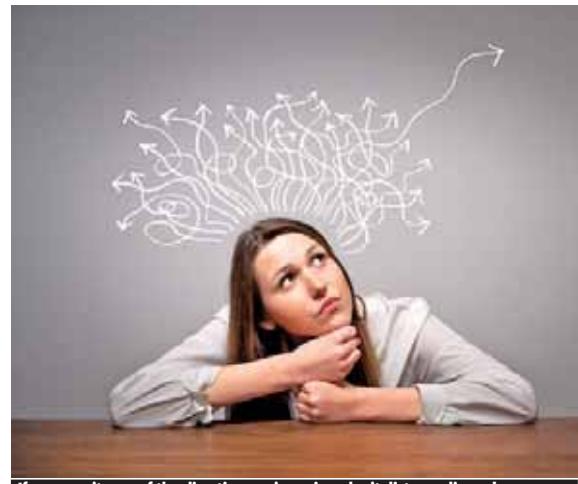
Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandeveld, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

"It was not what I thought



If you aren't sure of the direction you're going, don't distress, discuss! iSTOCK

university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why they are at university — and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

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From dumpster dives to a biz that thrives

All you Nasty Gals.

Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a \$100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

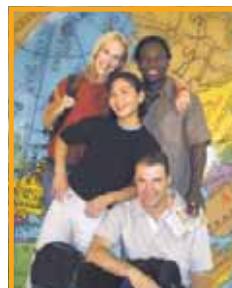
In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her résumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?

If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to



Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTY GAL



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Nuts to male dominance

"I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."

Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?

I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge

you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?

The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day

that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?

There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot

missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you regret living the wild life when you were hitchhiking and shoplifting?

That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

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Spending time at an overnight camp can help solidify life-changing and decision-making processes for children. SHUTTERSTOCK



Attending an overnight camp in another community can cause a big change in children. SHUTTERSTOCK

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For Metro

Is this your child's first year at sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

Know it helps them

The Canadian Summer Camp Research Project was

recently completed out of the University of Waterloo, which was a three-stage process that interviewed camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," said Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

Start slow if you need to
Many sleepaway camps start at the age of eight years old.

"But some camps do a shorter overnight — so (try) a two-night, three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are

Tip from mom

- "To prep our daughter for her first week at overnight camp, we read the materials about the camp together and had her help get everything ready," said Dana Dougherty Reinke, an Oakville, Ont., mom of three children. "And we talked about how proud we were that she was going."

familiar with where they are going, it's not so scary to go away on their own."

Buddy up

"It's certainly easier on the kids if they go with a buddy," Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

FYI about the counsellor

Don't forget to reiterate to your camper that their counsellor will understand how scary going away to camp can be.

What to pack for overnight camps

Before you know it, your kids will be leaving for camp and you are bound to wonder what they need in their bags.

Here is a packing list from Care.com, the world's largest online destination for finding caregivers.

Camp essentials

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1 to 2 sweatshirts
- Rain coat
- 1 pair of sneakers
- Sandals (might need to be closed toe, check with the particular camp)
- Water shoes
- 2 to 3 swim suits
- 2 pool/beach cover-ups (optional)
- 2 to 3 sets of PJs — make sure one set has long sleeves and pants
- 16 pairs of underwear
- Twin sheets, comforter and extra wool blanket
- Sleeping bag (optional)
- Pillow and pillowcase
- 2 shower towels
- 2 beach/pool towels
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)
- Laundry bag
- Comb, brush, hair dryer, flat-iron, and any other hair products/accessories
- Clip-on electric fan (cabins have electric outlets for each camper)
- Flashlight with extra batteries
- Camera
- Bug spray
- Labelled water bottle
- Pre-addressed stamped envelopes
- Paper and extra stamps
- Pens and pencils
- Sunscreen
- 1 to 2 hats
- Sunglasses
- iPod (if allowed)
- Books
- Journal (with hand-written notes from mom and dad)
- Sudoku or word game work books
- Special sporting equipment (if it's a sports-focused camp and you want your own gear)
- Hiking boots (if hikes are part of the experience)
- Comfort items (stuffed animal, special blanket, etc.)

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

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Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink.

If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, bassa, swordfish, halibut or cod.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

Nutritional information

Per serving

- Calories. 241
- Carbohydrates. 4.2 g
- Fibre. 1 g
- Protein. 36.8 g

FLASH FOOD

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30 minutes or less

Ingredients

Salsa

- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

Tuna

- 6 tuna fillets (about 6 oz each)

Garnish

- 1/4 cup chopped fresh basil or parsley

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon

juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in

a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on

a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN** (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves six to eight. ROSE REISMAN

You say 'potato', I say 'fingerling'

Potatoes are a staple in many homes as a vegetable accompaniment, but next time try this fingerling variety.

I've been enjoying experimenting with them lately in my cooking. They're small but long, have a golden flesh and are just delicious when roasted. Use small red or white roasting potatoes if you cannot find fingerling.

When it comes to seasoning, sea salt and table salt have the same nutritional

value. However, fine sea salt tastes saltier than table salt, and therefore you are able to use less of it.

This side dish can be prepared early in the day and reheated in a 300 F oven for 20 minutes.

1. Boil the fingerling potatoes for 8 minutes just until they are just fork tender. Rinse them with cold water then slice in half lengthwise. Place in them into a bowl.

2. Add the oil, cheese, rosemary, salt and pepper. Place the potatoes on baking sheet lined with foil and sprayed with vegetable oil.

Bake for 20 minutes, turning after 15 minutes, just until slightly golden. Garnish with chopped parsley.

ROSE REISMAN

Ingredients

- 2 lb fingerling or small roasting potatoes
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 1 1/2 tbsp chopped fresh rosemary (optional)
- 1/2 tsp sea salt
- Pinch of coarsely ground pepper
- 3 tbsp chopped parsley

UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly \$50 billion per year. The most common problems are depression and anxiety with eight per

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in



SHUTTERSTOCK

men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often.

Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and

cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

— Pippa Wysong

How are you doing today?

#phine

fine ~ definition (adjective)
Saying you're fine and you are.

phine ~ definition (adjective)
Saying you're fine when you are not.

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 HOME TRUST

A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont., which has one of the largest PTSD treatment programs in Canada. "With PTSD you over-respond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some



SHUTTERSTOCK

people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

— Pippa Wysong

Can you believe they
said that??
....#awkward!!!

It can be awkward to talk about mental health problems but it can also save lives. Learn more about supports in the community.



Canadian Mental
Health Association
Edmonton

#mentalhealth
www.edmonton.cmha.ca



#suicide
www.crisissupportcentre.com



NBA playoffs

Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games. **THE ASSOCIATED PRESS**



The Spurs' Manu Ginobili drives around the Mavericks' Monta Ellis on Sunday. **THE ASSOCIATED PRESS**

WHL

Oil Kings facing big deficit coming back to Edmonton

Brendan Leipsic had a goal and an assist in his return from a one-game suspension, and the Winterhawks defeated the Edmonton Oil Kings 3-1 in Game 2 of the Western Hockey League final

on Sunday in Portland.

Portland leads the series 2-0, with Games 3 and 4 coming Tuesday and Wednesday in Edmonton.

Chase De Leo and Paul Bitter also scored for Portland, while goaltender Corbin Boes made 28 saves in victory.

Henrik Samuelsson scored a third-period goal for Edmonton, which got 29 saves from Tristan Jarry in defeat.

THE CANADIAN PRESS

Keeping up the pressure



"We can't sit back and try to protect a lead."

Canadiens defenceman Josh Gorges. The Habs wasted a 3-1 advantage as the Bruins scored four times in the last 9:04 of the third period for a 5-3 win in Game 2 on Saturday afternoon. The Bruins visit Montreal for Game 3 on Tuesday night.

Nets suppress Northern Uprising with Game 7 win

NBA playoffs. Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors'

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. **THE CANADIAN PRESS**



The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.

RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts



"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." **Raptors coach Dwane Casey**



"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.



"I can sleep at night knowing he took that shot. I can live with that."

Raptors swingman DeMar DeRozan said Kyle Lowry was the right man to take the final shot for the team.



Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday. **THE ASSOCIATED PRESS**

Wild in a pickle thanks to Bickell

Bryan Bickell had a goal and two assists, and the Chicago Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals.

"It's that time of year. I enjoy it," said Bickell, who had just 15 points during a disappointing regular season. "This is a crucial time for this

team. We need for me and this team to step up."

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves.

Cody McCormick scored his second career playoff goal,

but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night.

Game 3 is Tuesday night in Minnesota. **THE ASSOCIATED PRESS**

Pens blank Rangers

Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 win over the New York Rangers on Sunday night, tying their series at one game apiece.

Horoscopes

Aries

March 21 - April 20

Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

Taurus

April 21 - May 21

Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

Gemini

May 22 - June 21

Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

Cancer

June 22 - July 23

You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

Leo

July 24 - Aug. 23

You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

Virgo

Aug. 24 - Sept. 23

A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

Libra

Sept. 24 - Oct. 23

What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

Scorpio

Oct. 24 - Nov. 22

If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

Sagittarius

Nov. 23 - Dec. 21

It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

Capricorn

Dec. 22 - Jan. 20

It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

Aquarius

Jan. 21 - Feb. 19

What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

Pisces

Feb. 20 - March 20

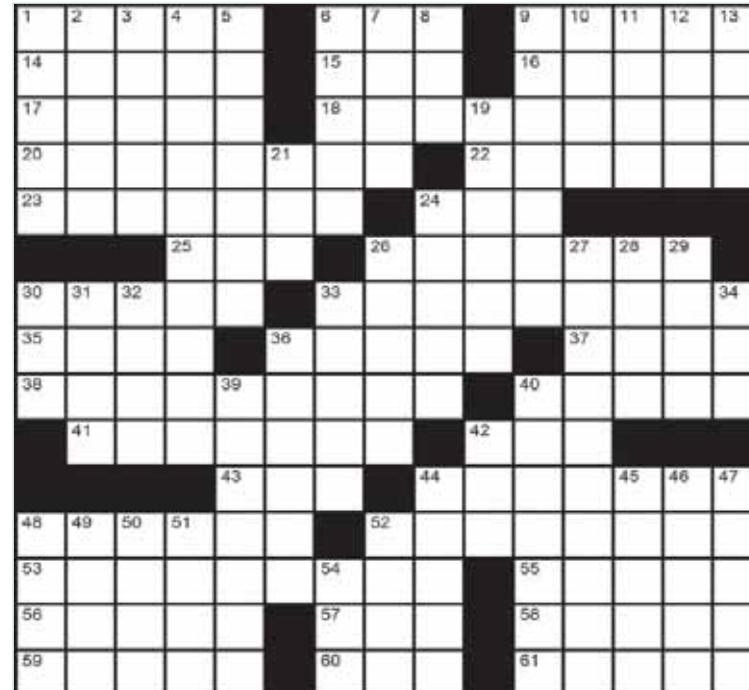
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Clever
- Bootcamp officer, briefly
- Bob of "Full House"
- Windy City airport
- Who: French
- * (Classic arcade game cube-hopper)
- Choir outfits
- Alan-and-family's Slice show, "Thicke"
- England born/Canada raised actor Scott
- Festive decoration
- Most brief
- Distant
- Label
- Some times
- Happen
- They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
- "... I wrong about THAT too?"
- Robert Service works
- Verifiable
- Paul Anka song covered by Donny Osmond: 2 wds.
- Skincare brand
- Master bedroom extra
- __ and Gus, "Cinderella" (1950) mice
- These: French
- Elegant court dances
- 1987 Warren Beatty/Dustin Hoffman movie
- Did in an unprepared manner: 2 wds.
- "The Boys in the Bright White ___" by Trooper
- Prefix to 'foam'
- Olympic legend Ms. Comaneci
- 1987 Warren Beatty/Dustin Hoffman movie
- Complete
- Ian or Sylvia
- Shakespearean suffix
- Arctic explorer, Robert E. (b.1856-d.1920)



Down

- Least best
- Smash song
- Elton John's "Your Song" bit: "___ you don't mind..."
- Southern Alberta town
- Big Joe Mufferaw's work remnants: 2 wds.
- "Alright, honey.": 2 wds.
- Gym move

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

now."

- Calgary footballers, to fans
- Food additive
- Evita song: "Don't Cry ___ Argentina"
- Irish writer Ms. Binchy
- Web courtesy
- Root vegetable
- Smirch
- Alley (Comic strip classic)
- Motley ___
- 'Crunch (Cereal)
- Jeers
- View
- Toolbox grippers
- ___ Peninsula
- Smashes: 2 wds.
- "Lost" character played by Daniel Dae Kim
- Gleefulness
- "Dancing with the Stars" alum Ms. Sliwinska
- Making-one-sleepy thingy
- Tale
- "Say it ___ so!"
- or neuter
- Brick carriers
- Rush, for example
- Lineup lag
- "Evita" (1996) role

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	1	3	9	4	8	7	6	2
7	4	8	5	6	2	3	9	1
9	6	2	3	7	1	4	8	5
4	2	7	8	5	9	6	1	3
8	5	6	7	1	3	9	2	4
3	9	1	6	2	4	8	5	7
1	8	4	2	9	7	5	3	6
2	3	5	4	8	6	1	7	9
6	7	9	1	3	5	2	4	8

8	2		3
4		2	7
5	9	8	1
1		3	5
2	7	1	6
4	5	1	3
7	2		8
6		2	4

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 11°
MIN: -1°



MAX: 9°
MIN: -1°



MAX: 7°
MIN: -1°



MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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Ron Blonar



Brad Leyden



Darcy Silverthorn



Daylan VanHees



Paul O'Mara



Mauricio Roa



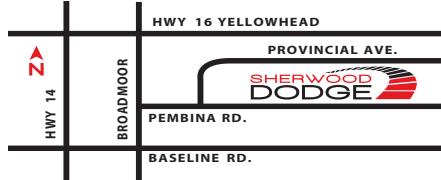
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